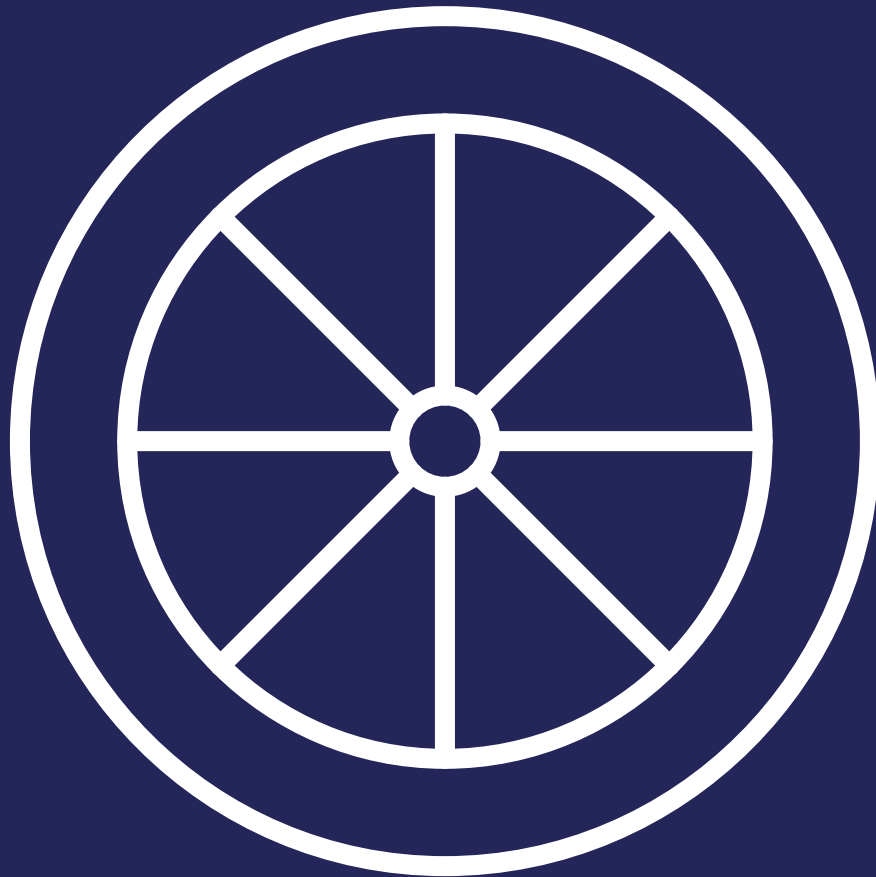




RAYGOZA CONSULTING, LLC

WELLNESS WHEEL ACTIVITY SHEET



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INTRODUCTION

Welcome to the Wellness Wheel Activity Sheet! My name is Dr. Jaime Gabriel Raygoza, and I am the founder of Raygoza Consulting.

This interactive exercise is designed to help you evaluate and visualize different dimensions of your well-being. The Wellness Wheel consists of a circle divided into eight pie sections, each representing a specific dimension of wellness. I am excited to have you learn more about the sections of wellness and continue your growth process!

Let's get started!

WELLNESS WHEEL ACTIVITY INSTRUCTIONS

Materials Needed:

- Wellness Wheel Activity Sheet (On Page 5)
- Colored pencils or markers

Instructions:

Familiarize Yourself with the Wellness Wheel: Take a moment to observe the Wellness Wheel in front of you. The circle represents the wheel of life, symbolizing the journey you navigate as you go through different aspects of your well-being.

Understanding the Dimensions of Wellness:

Each pie section of the wheel represents a different dimension of wellness. Here are brief descriptions of each dimension:

- **Physical Health:** Focuses on your overall physical well-being, including exercise, nutrition, and sleep.
- **Emotional Well-being:** Relates to your ability to manage and express emotions in a healthy way.
- **Intellectual Growth:** Involves continuous learning, expanding knowledge, and stimulating your mind.
- **Spiritual Connection:** Explores your sense of purpose, values, and connection to something greater than yourself.

- **Occupational Wellness:** Relates to finding satisfaction and fulfillment in your work or chosen vocation.
- **Social Relationships:** Refers to the quality of your relationships and connections with others.
- **Environmental Harmony:** Considers your relationship with the natural world and your physical surroundings.
- **Financial Stability:** Focuses on managing your financial resources and achieving stability.

Evaluating Your Wellness:

Now, let's assess your current state in each dimension of wellness. The pie slices are divided further into five sections, numbered from 1 to 5. Using the colored pencils or markers provided, color in the section that corresponds to how you feel about each dimension at this moment.

If you feel a dimension is strong and thriving, color in a higher number (e.g., 4 or 5). If you feel an area needs improvement, color in a lower number (e.g., 1 or 2).

Leave the sections blank if you haven't given much attention to that area recently.

Reflecting on Your Wellness Wheel:

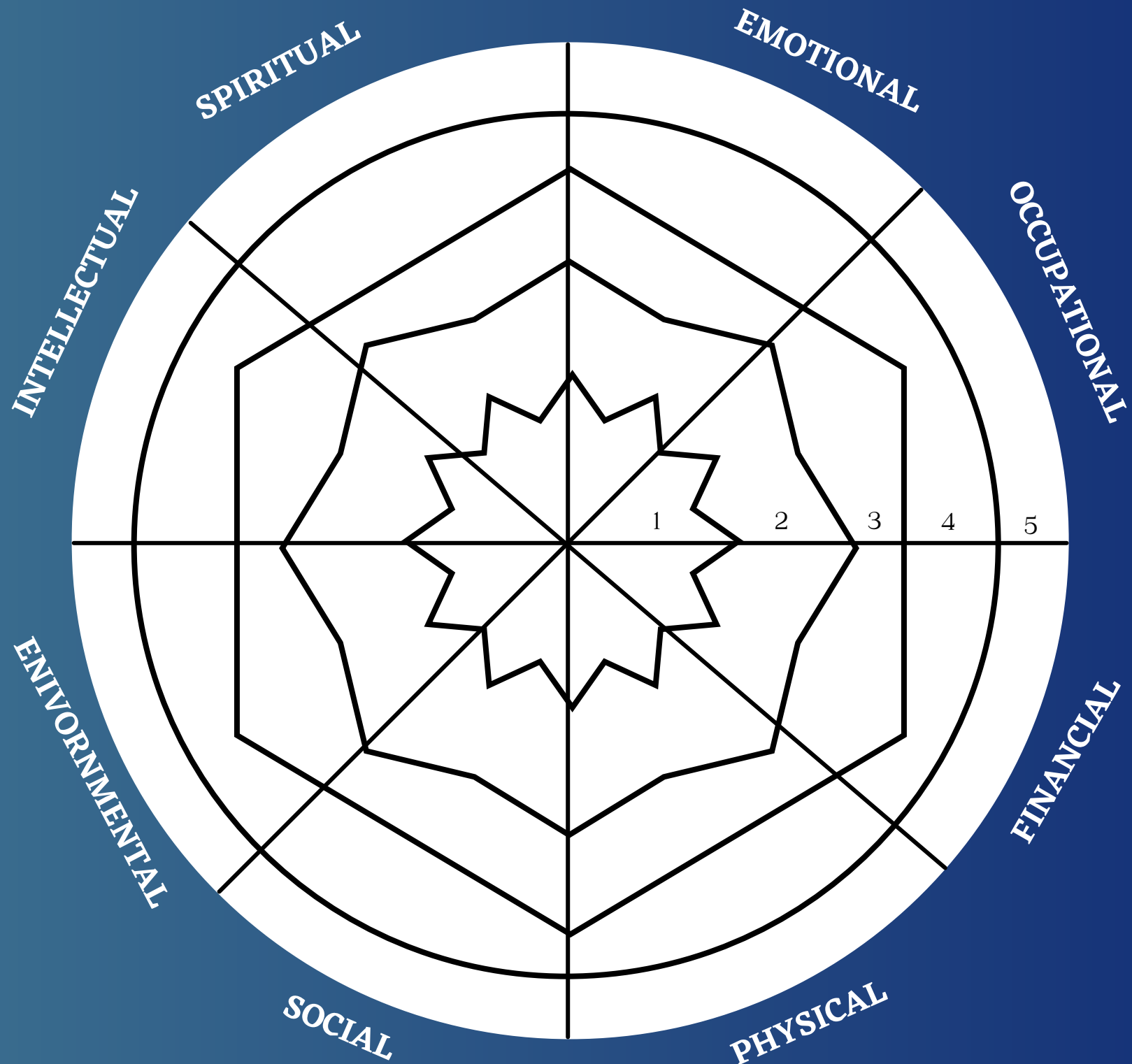
Take a moment to observe your completed Wellness Wheel. Notice the colored and blank sections. Reflect on the following questions:

- Are all areas of the wheel colored?
- Are there any blank spots?
- If the circle were to spin, would it move smoothly or encounter obstacles due to the blank sections?
- How far would the colored sections propel the circle if it were the only force driving it?

This exercise is meant to illustrate the interconnected nature of your well-being. Just like a wheel, if one dimension is neglected, it can affect other areas of your life. Use this visual representation as a reminder to strive for balance and growth across all dimensions of wellness.

Remember, the Wellness Wheel is a snapshot of your current state, and it can change over time. Use it as a tool for self-reflection and goal setting to cultivate a more balanced and fulfilling life.

WELLNESS WHEEL



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WITH
DR. RAYGOZA**

SCAN THE QR CODE TO CONTACT ME!
REACH OUT TO ME ANY TIME FOR MORE
INFORMATION ABOUT MY COURSES,
CONSULTATION OR COACHING PROGRAMS.



Dr. Jaime G. Raygoza